



**HEADQUARTERS NEW JERSEY ARMY AND AIR NATIONAL GUARD  
NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS  
3650 SAYLORS POND ROAD  
FORT DIX, NEW JERSEY 08640-7600**

**ARMY BULLETIN NO. 49**

**29 October 2002**

**AGR RETEST AND/OR MAKE-UP OF ARMY PHYSICAL FITNESS TEST AND  
WEIGH IN (COFS)**

**1. References:**

- a. AR 350-41, Training in Units, Chapter 9
- b. AR 600-9, The Army Weight Control Program
- c. FM 21-20, Physical Fitness Training
- d. AR 40-501, Standards of Medical Fitness, Chapter 7

2. The AGR Retest and/or Make-Up APFT will be conducted on Monday, 06 0830 Jan 03. This date falls at the end of the 3 month window referred to near the end of this paragraph. The test will be administered at the APFT field location 18<sup>th</sup> Street and Alabama, Fort Dix, NJ. All individuals will report at 0830 for the ONLY APFT TO BE given on 06 Jan 03. All AGR soldiers will report for the APFT, who:

- a. Did not test on 15 Oct 02 (Make-up/Excused)
- b. Failed the 15 Oct 02 APFT \* (Retest)
- c. Are coming off a permanent or temporary profile (Make-up)

**\* Reference 1a above, para 9-8b(4): "...commanders may allow soldiers to retake the test as soon as the soldier and the commander feel the soldier is ready. Soldiers without a medical profile will be retested not later than 3 months following the initial APFT failure."**

The inclement weather date for this event is 13 Jan 03.

**3. AGR personnel who wish to be removed from a **previous height/weight or APFT flagging action:****

a. Must, if height/weight failure, be re-weighed/measured by this office for validation at HQ, NJNG Building 3650. Re-checks will be conducted on the first Standard Day Off of each month at 0830 hours, or at the scheduled APFT in Jan 03. MSC FTSSs are to call NLT one (1) week in advance to schedule their personnel for the validation.

b. Be flagged in SIDPERS.

c. Have a copy of their written counseling statement.

d. Meet any requirements established by the command for enrollment in remedial programs.

e. Report directly to NJNG Headquarters, Building 3650, if weigh-in only.

f. Must, if APFT failure, take the Make-up APFT scheduled above.

4. APFT Schedule and Personnel Requirements: See Enclosure 1.

5. Uniform:

a. The ONLY AUTHORIZED UNIFORM is as follows:

(1) The physical fitness uniform as prescribed by Chapter 13, AR 670-1. (NOTE: The New Physical Fitness Uniform [PFU] is authorized, however, any soldier wearing the new PFU is reminded that the new uniform cannot be mixed with the old PFU, including sweat pants).

(2) The only optional items for wear are the black wool cap, black issued gloves, or gray or black biking shorts, which may be worn under the gray or new, black PFU shorts.

b. Headphones are not authorized during the conduct of the test.

6. Report location is the lean-to building at the APFT Track, in PFU uniform, to include soldiers on profile. Report time is 0830 only.

7. Administrative Requirements for each MSC and G-Staff Section:

a. A roster of all Make-Up/Retest AGR APFT personnel (See format in enclosure 2) will be forwarded to this HQ ATTN: J1 - AGR Manager, LTC Chimienti, NLT 03 Dec 02.

b. Temporary and/or Permanent Profiles since **15 Oct 02** will accompany rosters. All profiles due for revalidation (over 5 years old) will be revalidated prior to the APFT. The office of the **J 1, ATTN: LTC Chimienti, retains copies of profiles and the DA Form 705 for each AGR soldier.**

8. Taskings for events and equipment support.

a. G3 schedules, procures, and clears APFT site for the event. Provide 15 clipboards, 3 stopwatches, 4 road vests, and **100** APFT vests for event. Provide one camcorder with film, tripod and charged battery to provide a film record of the finish line. Schedule APFT site for 13 Jan 03 if event is postponed due to inclement weather. Provide two stationary bicycles with ergometers and two track bicycles at the APFT site for both 06 and, if needed, 13 Jan. Provide large digital finish line timing clock. Provide additional paper towels and toilette paper for the latrine at the APFT site.

b. G4 provides water with cups at the APFT track. Provide two scales and tape measurers for height/weight verification in drill hall, HQ, NJNG.

c. G6 disseminates this correspondence electronically and in distribution as an Army Bulletin to each NJARNG unit. Provide six hand-held radios for event.

d. Det 5, HQ STARC provides two medical personnel to support APFT and screen profiles, at the APFT Site. Provide one soldier on 17 Dec 02 at HQ, NJNG, J1 - AGR Manager to screen AGR profiles.

9. Taskings for Site Support:

a. Headquarters, STARC provides 10 FTSF soldiers for weigh-in, height verification, and tape test. Ensure at least two (2) female soldiers are present to tape female soldiers. The G-3 will provide the OIC and NCOIC, and has tasking authority for STARC HQs. Provide computer hardware and software necessary to print tape test results, and set-up drill floor for the event no later than 06 0800 Jan 03. A test copy of the DA Form 5500 or DA Form 5501 must verify that the computer and printer are compatible and provide the DA Forms in proper format.

b. T3BL provides 12 FTSF soldiers with OIC/NCOIC for APFT event scoring, administration and includes the warm-up formation.

c. USP&FO provides 4 FTSF soldiers for APFT administration, checking in testing personnel, passing out vests, performing road guard duties (during the Run/Walk/Bike phase) at the corners of 18<sup>th</sup>, 16<sup>th</sup>, Buffalo and Alabama Streets. These 4 personnel will report to the T3BL OIC.

10. Coordinating Instructions:

a. G-Staff Site Support OICs will back brief their support plans to the Chief of Staff on 18 Dec 02 in the Main Conference Room, Bldg 3650.

b. The drill floor at HQ, NJNG will be set up NLT 06 0800 Jan 03.

c. Scales will be calibrated at the time they are set up on the drill floor.

11. All requests for excusal from this event will be in writing, through the chain of command to the Chief of Staff.

12. The director of this action is the undersigned at (609) 562-0958.

OFFICIAL:

GLENN K. RIETH  
Brigadier General, NJARNG  
The Adjutant General



FRANK. R. CARLINI  
COL, GS, NJARNG  
Chief of Staff

DISTRIBUTION: A, A2, B, C

2 Encls

1. Schedule and Personnel Requirements
2. Roster Format for AGR Soldiers

## APFT SCHEDULE

### PERSONNEL

### REPORT TIME

**All Personnel Taking Test**

**0830**

### SUPPORT PERSONNEL REQUIREMENTS

<u>MAJOR COMMAND/UNITS</u>	<u>DATE/TIME</u>	<u>PERSONNEL</u>	<u>LOCATION</u>
T3BL	06 Jan 03/0730	12	APFT Track
HQ, STARC	06 Jan 03/0730	10	Bldg 3650
USP&FO	06 Jan 03/0730	4	APFT Track
Det 5, HQ STARC	06 Jan 03/0730	2	APFT Track
Det 5, HQ STARC	17 Dec 02/0730	2	Bldg 3650

- FTSF soldiers are required for APFT support. Soldiers must have a current APFT, and meet height/weight standards of AR 600-9 to perform the duty. Uniform is BDU for testers and support personnel.

Encl 1

**AGR APFT ROSTER**  
(Unit and MSC)

<u>RANK</u>	<u>NAME</u>	<u>UNIT</u>	<u>APFT Events</u>			<u>Alternate Aerobic</u>
<u>Info</u>			<u>PU</u>	<u>SU</u>	<u>Run</u>	<u>Event &amp; Profile</u>
SGT	DOE, JOHN	CO C 2/113	X	X	X	
CPT	DOE, JAMES	CO C 250 SIG	X	X		Bike (Track)-Age 56
SFC	SMITH, ALLEN	2-102 AR		X	X	Perm Profile (12 Jan 1999)
2LT	JONES, WILLIAM	HHC 5-117 CAV				Temp Profile (Exp 20 Oct 02)
SSG	KIDDEN, U. GOTTA	3-112 FA	X	X		Bike (Stationary)-Perm Profile (17 May 01)
MAJ	MAJOR, MAJOR	1-114 IN		X		Walk-Perm Profile (27 Oct 00)
SSG	O'DOLLY, HILL	CO C 2/113	X	X	X	

X - Indicates soldier takes the APFT event  
Blank entry - Needs listing of type and date of valid military profile. Civilian "profiles" are not acceptable. All Permanent Profiles must be current (not older than 5 years old or last physical date)

Encl 2